

CLAIMS

What is claimed is:

1. A material for processed food for weight reduction diets, comprising active ingredients, extracted from fish, that include histidine.
2. The material for processed food for weight reduction diets of Claim 1, wherein said active ingredients including histidine are extracted from Bonito essence by membrane concentration.
3. The material for processed food for weight reduction diets of Claim 1, wherein 12,000 mg - 20,000 mg weight percent of histidine is contained.
4. The material for processed food for weight reduction diets of Claim 1, being in a powder form that can be added to other foods, which is obtained from extracts from fish and processed to remove an odor and a flavor of said extracts.
5. A dietary processed food, processed using the material for processed food for weight reduction diets of Claim 1.